

Healthier Montana Menu Challenge

Lunch Menu Work Sheet for Weeks 1 and 2

Dates Served _____

School _____

Circle Menu Planning Approach Used: Traditional Enhanced NSMP ANSMP

Foods Served that Meet the Criteria

| Criteria | Week 1 | | Week 2 | |
|---|------------------------|-----------------------------------|------------------------|-----------------------------------|
| | FOOD | PORTION SIZE | FOOD | PORTION SIZE |
| Offer a different vegetable every day of the week. All servings must be at least ¼ cup. | M T W Th F | M T W Th F | M T W Th F | M T W Th F |
| Dark green or orange vegetable offered three or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size.) | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. |
| Cooked dried beans or peas (legumes) must be offered at least once a week. (at least ¼ cup serving size) | 1. | 1. | 1. | 1. |
| Offer a different fruit every day of the week. (at least ¼ cup serving size) | M T W Th F | M T W Th F | M T W Th F | M T W Th F |
| Fresh fruit is offered at least 1 day per week. (at least ¼ cup serving size) | 1. | 1. | 1. | 1. |
| Whole grain foods offered three or more times a week and may not be the same one each day. | 1. 2. 3. | In oz or grams: 1. 2. 3. | 1. 2. 3. | In oz or grams: 1. 2. 3. |

Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? ☐ Yes ☐ No

Do all students have the opportunity to select a reimbursable meal that meets all of the above menu criteria? ☐ Yes ☐ No

Healthier Montana Menu Challenge

Lunch Menu Work Sheet for Weeks 3 and 4

Dates Served _____

School _____

Circle Menu Planning Approach Used: Traditional Enhanced NSMP ANSMP

Foods Served that Meet the Criteria

| Criteria | Week 3 | | Week 4 | |
|---|------------------------|-----------------------------------|------------------------|-----------------------------------|
| | FOOD | PORTION SIZE | FOOD | PORTION SIZE |
| Offer a different vegetable every day of the week. All servings must be at least ¼ cup. | M T W Th F | M T W Th F | M T W Th F | M T W Th F |
| Dark green or orange vegetable offered three or more days per week. (Of the 3, at least 2 must be different. All must be at least ¼ cup serving size.) | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. |
| Cooked dried beans or peas (legumes) must be offered at least once a week. (at least ¼ cup serving size) | 1. | 1. | 1. | 1. |
| Offer a different fruit every day of the week. (at least ¼ cup serving size) | M T W Th F | M T W Th F | M T W Th F | M T W Th F |
| Fresh fruit is offered at least 1 day per week. (at least ¼ cup serving size) | 1. | 1. | 1. | 1. |
| Whole grain foods offered three or more times a week and may not be the same one each day. | 1. 2. 3. | In oz or grams: 1. 2. 3. | 1. 2. 3. | In oz or grams: 1. 2. 3. |

Does your menu only offer low-fat (1% or less) and fat-free (skim) milk, flavored or unflavored, each day? ☐ Yes ☐ No

Do all students have the opportunity to select a reimbursable meal that meets all of the above menu criteria? ☐ Yes ☐ No